



HULST JEPSEN

PHYSICAL THERAPY

NOVEMBER 2023 NEWSLETTER

HOLIDAY HOURS

THANKSGIVING

NOVEMBER 23

ALL CLINICS CLOSED

BLACK FRIDAY

NOVEMBER 24

OPEN UNTIL NOON



Kids' Food Basket

FOOD DRIVE

EVERY CHILD DESERVES HEALTHY FOOD



PLEASE HELP US COLLECT THESE MOST NEEDED ITEMS

- Fruit cups / pouches
- Pudding cups
- Meat sticks (i.e. Slim Jims)
- 8 lb. or XL brown lunch bags
- Cheerios, Goldfish / Cheez-It, and pretzels in bulk for trail mix

OFF-BRANDS ARE WELCOME!

KFB AVOIDS ITEMS WITH PEANUTS / TREE NUTS IN THE INGREDIENT LIST



HULST JEPSEN
PHYSICAL THERAPY

COLLECTING DONATIONS AT ALL CLINICS UNTIL NOV. 27TH



HULST JEPSEN
PHYSICAL THERAPY

6TH ANNUAL

PUMPKIN CONTEST

VOTING ENDS NOV. 2 AT NOON



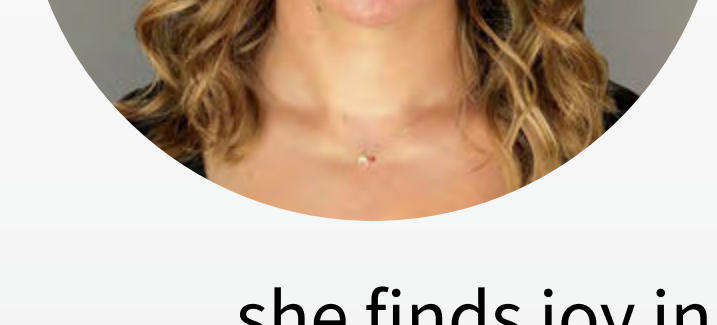
SEE OUR [FACEBOOK POST](#) FROM OCT. 26 TO VOTE



GOBBLE WOBBLE 5K

Hulst Jepsen Physical Therapy is proud to be the Preferred Sports Medicine Sponsor of the Kids' Food Basket 18th annual Gobble Wobble 5K Fun Run! We invite friends, family, neighbors and even furry friends to run, walk, or wobble to the finish line on Thanksgiving morning! Kids 12 and under can run the short Widdle Wobble before the 5K for FREE.

WELCOME TO THE TEAM!



CASSIE ESCH, DPT

EAST GRAND RAPIDS

Cassie enjoys providing individualized care to empower patients to achieve their goals!

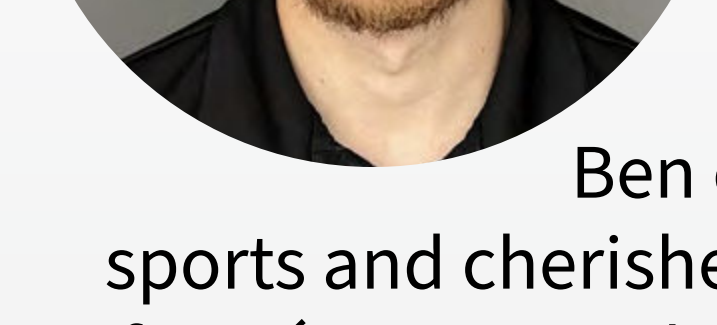
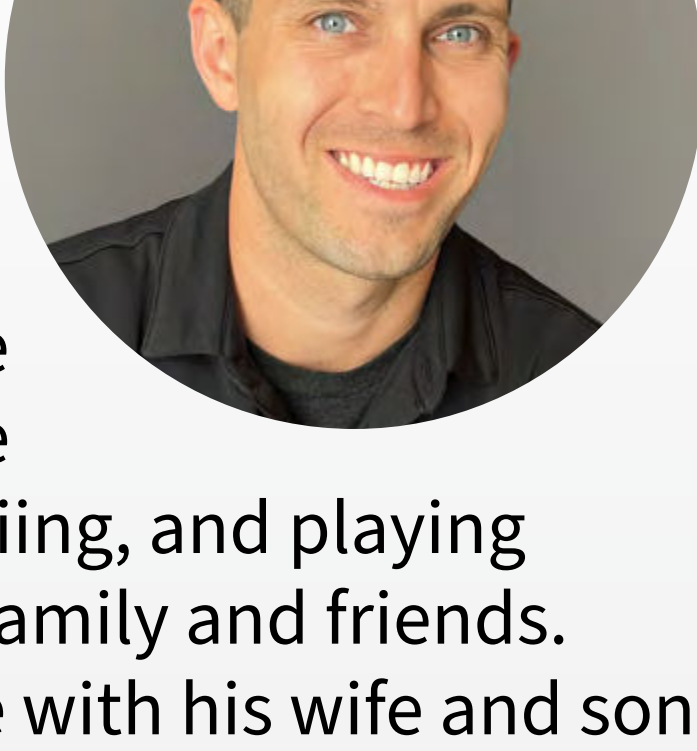
When not in the clinic, she finds joy in hiking, running, reading, and spending time with friends and family.

ALEX KAMP, DPT

HUDSONVILLE

Alex strives to provide a superior, patient-centered experience for all who come into the clinic! In his free time, he enjoys running, water skiing, and playing board/card games with family and friends.

Alex loves spending time with his wife and son!



BEN KOCHAN, DPT

LOWELL / GR NORTHEAST

Ben has returned to Hulst Jepsen Physical Therapy after being a PT Tech while in college!

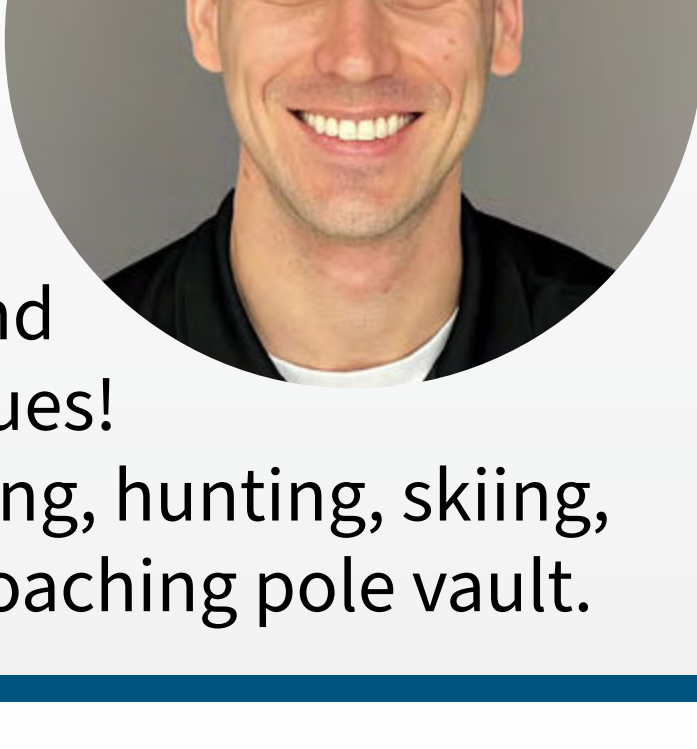
Ben enjoys watching/playing sports and cherishes spending time with his fiancé, Paige, and their dogs, Jett and Jade.

RYAN CAMP, DPT

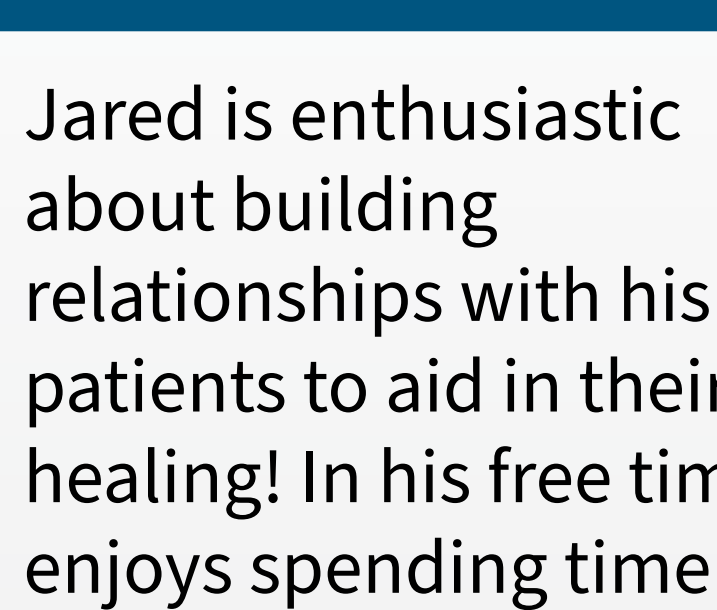
BYRON CENTER

Ryan is passionate about giving patients their independence back through exercise and manual therapy techniques!

He enjoys golfing, camping, hunting, skiing, watching football, and coaching pole vault.



SHAYNA BUDRES, DPT, PRPC, CLT



GREENVILLE

Shayna empowers her clients with education and awareness on how their bodies function in order to reach their goals!

She enjoys spending time with her husband and two beautiful daughters, walking her dogs, yoga, hiking, traveling, biking, swimming, and backpacking.

JARED SWIDER, DPT

GREENVILLE

Jared is enthusiastic about building relationships with his patients to aid in their healing! In his free time, he enjoys spending time with his wife and kids!



READ OUR LATEST BLOG

TRAUMA INFORMED PHYSICAL THERAPY

Marium Groth, DPT, CAFS, of our Kentwood location breaks down the types of trauma and how they can impact your healing journey!

8 MINUTE READ

[@HulstJepsenPT](#)